

BALANCE-EXERCISING SEMI-SPHERICAL APPARATUS

ABSTRACT OF THE DISCLOSURE

A balance-exercising semi-spherical apparatus has an annular frame and a fixing ring sequentially fixed on a base disk; the base disk is connected on two
5 diametrically mutually opposite ends thereof with two movable pulling ropes, and has thereon a hole for connecting an external aeration equipment. The annular frame is in the form of a semi-sphere with an air cushion therewithin, the air cushion connects an air faucet; the air faucet is used to aerate the air cushion to form a semi-sphere through the external aeration equipment. Thereby, a user can hold the
10 pulling ropes on the two diametrically mutually opposite ends of the base disk with hands to tread, jump, seat and lie on the air cushion for exercising for health and balance exercising.

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